

INTEGRAL Yoga

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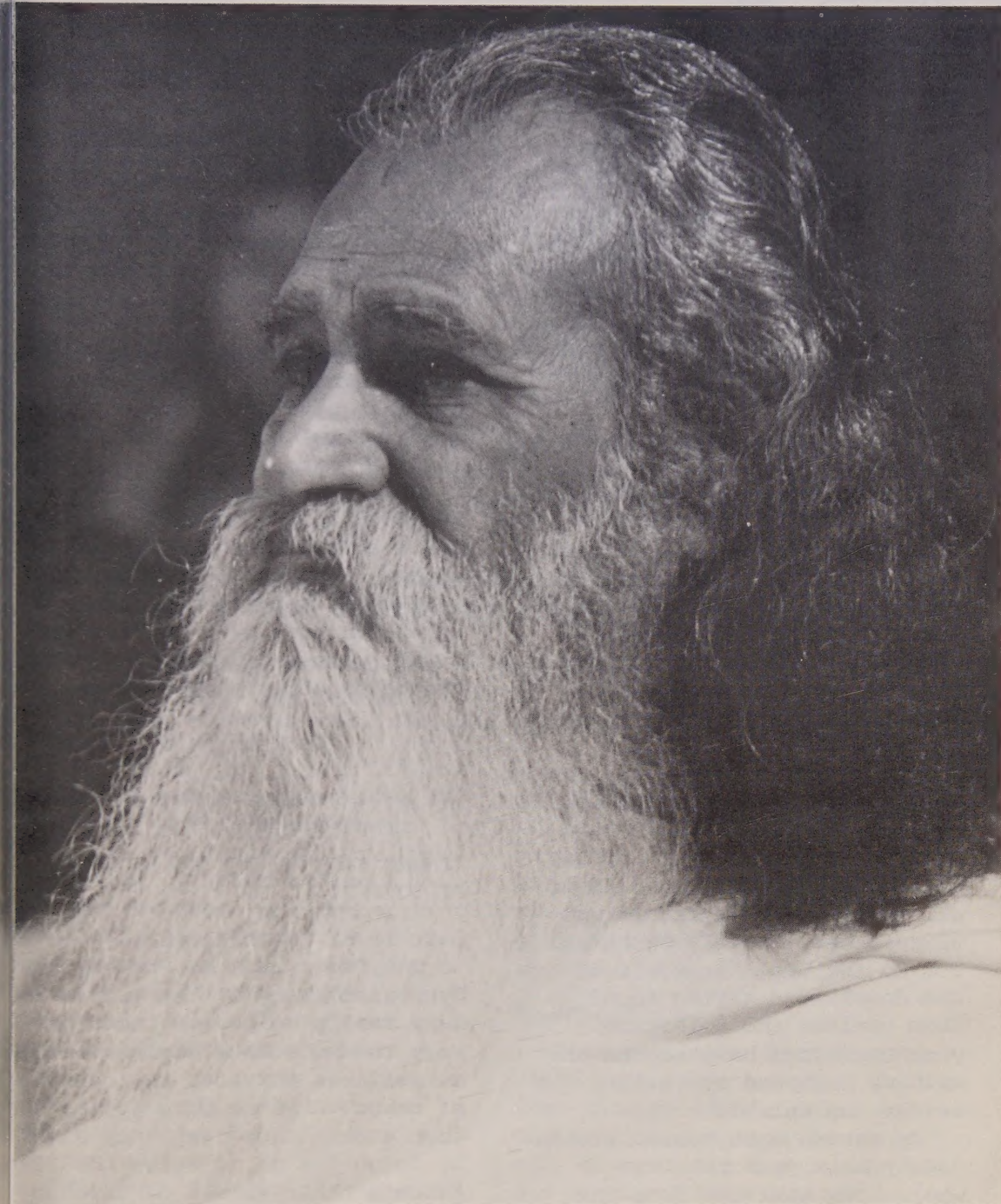
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It is with great joy
and thanksgiving
that we dedicate
this issue in honor of
the 62nd Jayanthi
(birthday)

of our Beloved Master
Sri Swami Satchidanandaji
Maharaj

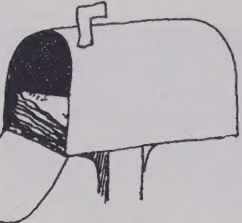


Beloved Children,

The true Guru is birthless and deathless. There is neither birthday nor deathday for him. But this Jayanthi is a nice excuse for us to be together and to show our love. When you make all these beautiful tributes, I know it is to inspire me to continue my service for another year. So please bless me to have good health, a pure heart and an egoless mind to serve you all more and more. This is my sincere request to you all.

Thank you and God bless you.

Swami Satchidanand



Letters

"FRIENDS AND RELATIVES CALL IT A MIRACLE...."

The following is from the devotee whose donation has made possible the printing of The Mother is the Baby's First Guru.

Dear Gurudev,

Several years ago, I was in a car collision with my family in the mountains of Oregon. Fortunately, faith held strong and I awoke in bliss. So fortunate am I to have awakened once again in the same body to continue to serve in this life. My faith and will to return to my yet unfinished life held strong through this greatest test of my life.

Through it all, my mind never lost faith. I continued to meditate and do pranayama. There were times of crying out in desperation, but through it all the peace deep within was always there, softly watching. Put to the test through fear and doubt, and having found them useless and defeating, your teachings have become one with my life and my reality amidst the unreal.

My nerves have healed tremendously this past year and my whole body vibrates from the prana. What a wonderful healing--so pure and simple. Friends and relatives look at my body and call it a miracle.

With each day I bow to Thee.

Om Shanthi,
J. L.
Eugene, Oregon

INSIGHT AND GRATITUDE FROM A PRISON'S DEATH ROW

Dear Editor,

I did not know if I was going to be able to read your magazine, but they did give it to me. Let me tell you how I finally got it. The man who has jurisdiction over these things read it and then not only gave it to me, but told me that if I get any more, he would like to read them.

Maybe his confiscating it helped him out! Probably he was meant to get it for a little while.

I would appreciate your keeping me on your mailing list and I will pass the issues you send around to other people too.

Walk in peace,
R. L. W.
Tamal, California

"THANK YOU FOR THE TOOLS OF SELF-DISCOVERY."

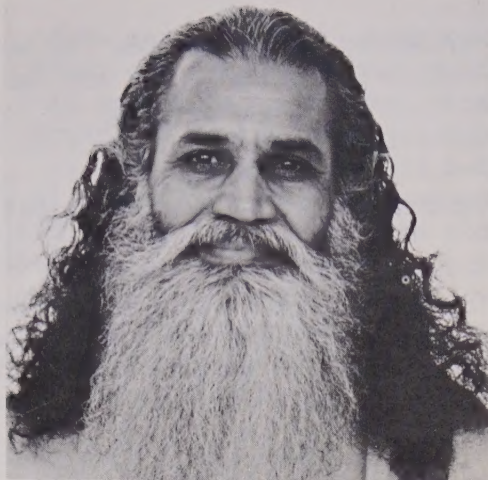
Dear Swami Satchidananda,

The "Yoga and the Professions Symposium" held at the Ashram in July really helped me focus on ways to use school administration as selfless service. The opening of school will be more joyous than ever! I hope ways may also be found for me to serve the IYI through these skills or through any other means. Thank you for the tools of self-discovery. May your grace continue to shine on us all. Bless you, bless you, bless you.

Sincerely,
S. L. S.
Bloomfield, Connecticut
(Continued on Page 19)

Peace with People

Sri Swami Satchidananda



The following is Sri Gurudev Swami Satchidanandaji's commentary on what he sometimes refers to as his 'favorite' sutra (aphorism) of the Yoga Sutras of Patanjali Maharishi, the Yoga text he most often recommends to his students.

MAITRI KARUNAA MUDITOPESHAANAAM SUKHA DUHKHA PUNYAAPUNYA VISHA-
YAANAM BHAAVANAATAS CHITTAPRASAADANAM. (Yoga Sutras, I:33)

"By cultivating the attitude of friendliness toward the happy, compassion for the unhappy, delight in the virtuous and disregard toward the wicked, the mind retains its undisturbed calmness."

Whether you are interested in attaining super-consciousness (samadhi) or plan to ignore Yoga completely, I would advise anyone and everyone to remember at least this one sutra. It will be very helpful to you in keeping a peaceful mind in the midst of your daily life. You may not consciously have any higher goal in your life but if you just try to apply this one sutra very well, you will easily see its efficacy.

In my own experience, this sutra has been my guiding light. It has helped me keep my mind serene always. Who would not want that serenity, that happiness? Everybody wants that. So Patanjali Maharishi gives four keys: friendliness, compassion, delight and disregard. He tells

us that there are basically four kinds of "locks" in this world; so always keep these four keys with you and when you come across any one of them, you will have the proper key to open it.

The Four Locks

What are those four locks? Sukha (the happy people), duhkha (the unhappy ones), punya (the virtuous) and apunya (the wicked). You can fit any person into one of these four categories. That doesn't mean that by nature they are virtuous or unhappy. It simply means that these are the predominant characteristics they are manifesting at that time.

So when you see a happy man, use the "friendliness" key. You might wonder why Patanjali would

say this. It shows that even four thousand years ago there must have been people who were not happy seeing others happy. And it is still the same way. Suppose somebody drives up in a big car, parks in front of his huge palatial home and gets out while some others are standing on the pavement in the hot sun. How many of those people will be happy to see that rich man? Not many.

They'll be saying, "See that big car? He is sucking the blood of the laborers!" We come across many people like that. They are always jealous. When another person gets name, fame or high position, they criticize him. "Oh don't you know his brother is Mr. So-and-so; he must have pulled some strings somewhere." They will never admit he might have gone up by his own merit.

By that jealousy, you may not disturb him, but you disturb your own serenity. He simply got out of the car and walked into the house but you are burning up inside. Instead, you should think, "Oh, such a fortunate man. If everybody were like that, how happy the whole world would be. May God bless everybody to have such comfort. I will work hard and also get that one day."

Treat that man as your friend. This response is missed in many cases, not only between individuals but even amongst nations. When one nation is prospering, the neighboring country is jealous and wants to ruin its economy. So we should always have the key of friendliness when we see happy people.

Share Your Loaf

And what of the next lock, the unhappy people? "Well, the

Swami said everybody has his own *karma* (destiny); he must have done some wretched thing in his last birth. Let him suffer the consequences now." That should *not* be our attitude. Maybe he is suffering from previous bad karma but we should have compassion. If you can lend a helping hand, do it. If you can share half of your loaf, share it. Be merciful always. By doing that you will retain the peace and poise of your own mind. Remember that our goal is to keep that serenity. Whether our mercy is going to help that man or not, at least by our own feeling of mercy, we are helped.

Then comes the third type, the virtuous people. When you see such a person, feel delighted. "Oh, how great he is; he must be my hero; I should imitate his great qualities." Don't envy him; don't try to pull him down. Appreciate the virtuous qualities in him and try to cultivate them in your own life.

And finally, the wicked. We come across people who act wicked. We can't deny that. So what should be our attitude? Indifference. "Well, some people are like that. Probably I was like that myself yesterday. Have I not become a better man now? He will probably be all right tomorrow." Don't try to advise him because wicked people seldom take advice. If you try to advise you will lose your peace.

The Sparrow and the Monkey

I still remember a small story from the Pancha Tantra which I was told as a little boy in school. One rainy day a monkey was sitting on a tree branch getting completely drenched. Opposite him on another branch of

the same tree was a small sparrow sitting in her hanging nest.

Normally a sparrow builds its nest on the edge of a branch so the nest can hang down and swing around gently in the breeze. It has a nice "cabin" inside with an upper chamber, reception room, a bedroom down below and even a delivery room if it is going to give birth to young ones. Oh yes, you should see and admire a sparrow's nest sometime.

Anyway, the sparrow was warm and cozy inside her nest and she just peeped out and saw the poor wet monkey. Out of pity she called out, "Oh my dear friend, I am so small; I don't even have hands like you, only a small beak. But with only that I have built a nice house, expecting this rainy day. Even if the rain continues for days and days, I will be warm and dry inside. I heard Charles Darwin saying that you are the forefather of the human beings; why don't you use your brain? Build a nice hut somewhere to protect yourself from the rain."

You should have seen the face of that monkey. It was terrible! "Oh, you little devil. How dare you try to advise me? Because

you are warm and cozy in your nest you are teasing me. Wait, you'll see where you end up!" With that, the monkey proceeded to tear the sparrow's nest to pieces and the poor bird had to fly out into the rain.

I was told this story when I was quite young and I still remember it. Sometimes we come across such monkeys and if you advise them, they take it as an insult. They think you are proud of your position. Such people will have to learn by their own experience. By giving advice to such people you will only lose your peace of mind.

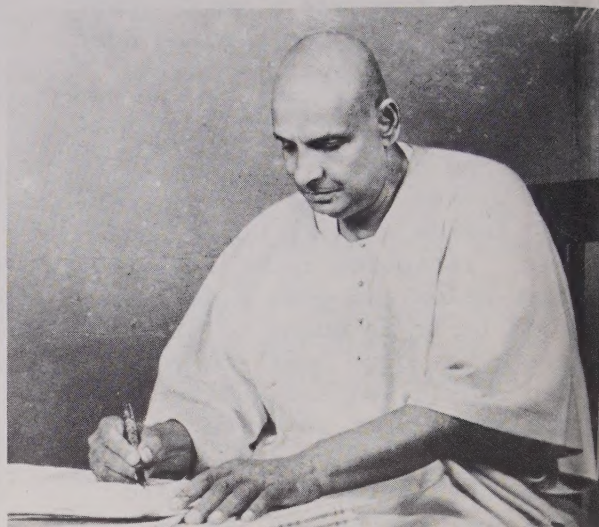
Is there any other category you can think of? Everyone seems to fit into one of these four. So Patanjali groups all individuals in these four ways: happy, unhappy, virtuous and wicked. So have these four attitudes: friendliness, compassion, gladness and indifference. These four keys can be always kept in your pocket. If you remember to use the right key with the right person, you will always retain your peace. Nothing in the world can upset you then.

Om Shanthi, Shanthi, Shanthi.
(Om Peace, Peace, Peace.)



As You Will, So You Are

Sri Swami Sivananda



The following is an inspiring letter written by Sri Swami Sivananda to his students via one of his Divine Life Society publications. Though penned many years ago, its message is as timely now as then.

Dear Readers,

I want to place before you an important point. I have no such words as *cannot, difficult, impossible* and *weakness* in my dictionary. Those who attempt to develop their will power and attain spiritual experience should remove these words from their dictionaries. They are the expressions of weaklings. Become a lion. Become a champion in the spiritual field. By mere chanting of OM with strong will, mountains should move. By mere willing, all the waves of the ocean should subside. Lord Jesus did this and you can also do so. What one has achieved another can too if only he wills. This is the grand law of nature. Mother Nature is unbiased. She looks upon all equally.

Therefore, never entertain negative thoughts. Understand the glory, splendor and power of the Self which is at the back of your mind and will. Understand the magnanimity and immortal nature of that hidden inter-penetrating Essence. Know that this Self is the storehouse of all knowledge, bliss, power, peace and joy. Feel that the sun, moon, stars and fire perform their functions at your command. Thou art the Glory of glories, Sun of suns, Light of lights, Holy of holies, Divinity of divinities. Thou art Truth, thou art the imperishable, undecaying Self that pervades this whole universe. Assert your divine majesty. Realize your freedom: your center, ideal, goal and heritage. Rest in that ocean of light, knowledge, love and peace. Realize the significance of the great sentence of the glorious Upanishads: "Tat Tvam Asi--Thou art That."

Sri Swami Sivanandaji Maharaj, spiritual master of Sri Swami Satchidananda, was founder of the Divine Life Society and dedicated to the service of humanity through the science of Yoga.

Diabetes and Hypoglycemia

Diabetes refers to an excess of sugar in the blood while hypoglycemia indicates low blood sugar. However, it is correct to associate the two conditions because hypoglycemia may actually be a forerunner of true diabetes.

Those who inherit diabetic tendencies are especially prone to functional hypoglycemia.

The pancreas is a digestive and endocrine (hormone producing) organ located below the stomach. One of its functions is to produce digestive juices, another, to make and release the hormone insulin into the blood. Insulin is responsible for keeping the blood sugar level even. When sugars absorbed from food cause the blood sugar level to rise too far, insulin is secreted, causing uptake of the glucose by the tissues, thus lowering the sugar level.

To diagnose true hypoglycemia or diabetes, a five hour glucose tolerance test is necessary. Normal blood sugar in a fasting person ranges between 80 and 105 mg. Either condition is indicated by the body's inability to maintain a constant blood sugar level in response to carbohydrate intake. If the blood sugar drops below 60 mg. (usually two hours after the carbohydrate), it in-



dicates hypoglycemia; if it goes above 185 mg., diabetes is indicated.

The Cause

What is the root cause for the failure of pancreatic functioning? *It may well be our turning away from a natural diet.* Diabetes was almost unknown in the Eskimos and American Indians before white sugar and flour were added to their diets. Recent research indicates that cadmium deficiency may play a role; cadmium is removed from flour and sugar when they are refined.

When the blood glucose falls too low, the autonomic nervous system is activated and adrenalin released into the system. That is why so many nervous and emotional complaints are associated with hypoglycemia.

Actually, true hypoglycemia is rare; a more common condition is *functional* hypoglycemia, caused by the system's oversecretion of insulin, in turn causing rebound low blood sugar when sweets or starches are taken. Very rarely, tumors may be responsible for it. Anyone who suspects they may have either hypo-

glycemia or diabetes should consult a physician, not merely attempt to alter their own diet.

Hatha Yoga

There are certain Yoga practices which directly act to restore the health of the pancreas. Of these the breathing exercises are most important. Do them three times daily, gradually building up to ten rounds of deep, three part breathing (dheer-gha swaasam), five rounds of bellows breath (kapaalabhaati or bastrika) and fifteen rounds of alternate nostril breathing (naadi suddhi or sukha purvaka).

The bow pose (dhanuraasana) works directly on the pancreas, giving it a gentle physical massage as well as a circulatory massage by directing greater blood supply there. Work up to holding it for three minutes, three times daily. Shoulder stand (sarvangaasana), fish pose (matsyaasana) and forward bend (paschimotanaasana) are also helpful. With gradual practice, shoulderstand may be held for as long as ten minutes twice daily.

Diet

Proper diet is also essential. The diet for both conditions is the same: that which would produce the least strain on pancreatic functioning. I would suggest that, in addition to following the diet, you keep a record of all foods taken and your reactions to them. This helps greatly in rearranging your diet habits.

When the blood sugar drops too low, you may notice headaches, nausea, ringing in the ears, fatigue, depression, stumbling, dizziness, trembling, loss of orientation, lack of concentration,

crying spells, sweating, insomnia, or oversleeping. As you keep the diary, note at which times of the day the blood sugar drops.

For your diet, not only should all sugar (and honey) be eliminated, but all starches as well. It is such a diet which diabetic pilots follow to stay off insulin (they aren't allowed to fly if they are on insulin). Small amounts of food should be taken every two hours rather than having several larger meals. *It is not at all necessary (or desirable) to eat meat in the treatment of hypoglycemia or diabetes.*

A good diet would be:

UPON ARISING: glass of fruit juice or lemon and water.

BREAKFAST: yogurt (with some fresh fruit if desired), sunflower seeds and a Tbs. each of brewers yeast and kelp powder. (The last two items take a little getting used to, but once you acquire the taste and feel the benefits you will take them gladly.)

MIDMORNING: blended shake of skim milk, soy powder, seeds, nuts.


LUNCH: raw vegetable salad, cottage cheese, yogurt or soy curd, seeds or nuts, yeast and kelp.

MID-AFTERNOON: another protein snack such as cottage cheese and seeds.

SUPPER: steamed vegetables, lentils or other beans.

EVENING SNACK: as the others.

Avoid whole milk, cream, fried foods, potatoes, rice (small amounts of whole grains are OK), caffeine and alcohol. Herb teas or cereal beverages in place of coffee are recommended. This diet in combination with the Yogic practices will be extremely beneficial in the treatment of both hypoglycemia and diabetes.



Yogic Swimming

by Ganga Stearns

Sri Gurudev is often asked, "What is Yoga?" He answers, "Everything can be Yoga; I can't just pinpoint only when you repeat a mantram or only when you stand on your head as Yoga. Even when you eat you can be a Yogi; when you walk you can be a Yogi. Anything done with the proper attitude is Yoga."

I took this advice seriously, and about two years ago decided to put it to the test. Why not pick something I like to do but which seems to have nothing to do with formal Yoga practices and see if it can be a Yoga?

I chose swimming. I've always enjoyed the water and usually manage to swim both summer and winter. I began my experiment in a New York City indoor pool, and since then my swimming has merged more and more with my Yoga practices. In one way swimming has helped the Yoga. In another, the Yoga has helped the swimming. And both have made me feel very healthy and relaxed.

Swimming & The Breath

You're probably wondering, "Has she developed some advanced

technique to swim while doing asanas (Yoga postures)?" I have tried doing asanas in the water for fun, but stunts like floating in the cradle pose (Yoganidrasana) are interesting but don't lead to anything but attracting attention.

But I did discover a significant link between swimming and Yoga in the breath. From watching myself swim, I noticed that breathing is the most important part of swimming. The difference between normal breathing and pranayama (Yogic breathing) is that in pranayama you place your full awareness on the flow of breath and begin to regulate it.

While swimming, the body is naturally inclined to breathe deeply and rhythmically, so the swimmer is actually doing a kind of unrefined pranayama. As you swim the lung capacity is increased and you experience an overall feeling of well-being, just as from a session of regular pranayama. But by adapting the techniques of pranayama to swimming, the breathing can be refined and the results enhanced. And if you lack the patience to

do regular pranayama, you may get more into rhythmic breathing and pranayama through swimming.

The swimming strokes remain the same whether swimming normally or with Yoga in mind. The difference is that instead of breathing through the mouth, you breathe through the nose with the deep three-part rhythmic breathing. You inhale, first filling the abdomen, then expanding the rib cage, completing the inhalation by filling the chest to its capacity. To exhale, let the air out slowly through the nose, emptying first the chest, then rib cage and finally abdomen. This breathing is to be coordinated with the movement as you swim as in the Yogic Salutation to the Sun (Soorya Namaskar).

Learn to Breathe Again

Most of us were taught in swimming class to breathe through both nose and mouth. But normally all the air is gulped through the mouth along with a little water. This shocks the system. By breathing through the nose, the breath enters the body like a fine thread. You'll notice a marked difference with nasal breathing. The head feels clearer and you won't get a sore throat or have chest pains from gulping air through the mouth.

Of course, it's not easy to shift to nasal breathing. It takes some preliminary practice. If you tell a swimmer that you breathe only through the nose, he'll think you a little strange. "You can't get enough air!" he will complain. It's not true, of course, but most people are not aware of their capacity to breathe through the nose, perhaps because people who don't

practice Yoga often have nasal passages blocked with mucus.

To work into nasal breathing you may have to learn to breathe and swim all over. Pretend you are having your first swimming lesson. Go into shallow water up to the chest. Begin bobbing up and down, pushing with your feet from the bottom. Let the breath flow with the bobbing. Inhale before dunking; have a smooth, even exhalation underwater; then near the last third of the exhalation, raise the head above water to sniff out any remaining water, completing the exhalation. Once again inhale before submerging.

When you feel comfortable doing this, get in over your head and bob up and down using your whole body, continuing the same technique. No fancy swimming stroke is required. Just do a frog or scissor kick with the legs and loosely wave your arms up and down to raise out of the water. Stay in one place for five minutes doing a bobbing pranayama. You'll come out of the water feeling like sitting for meditation.

For those who may be uncomfortable in water, this bobbing establishes confidence. If you're wary of water over your head, just go into deeper water gradually, continuing to watch the breath. Bobbing is a very relaxing practice and the benefits are almost as great as from swimming. If you're really comfortable and completely relaxed bobbing you won't have to do anything else to be a Yogic swimmer!

The Breast Stroke

If you're of a more active nature, however, you probably like to go places. For you I recom-

mend the breast stroke. Of all the strokes it is the most calming. It's easy to do and doesn't require great physical strength. The principle in breathing is the same as in bobbing: just let the breath flow with the stroke.

Begin by assuming the preparatory position for the Boat Pose (Nauasana). Lie horizontally in the water on the stomach. Stretch the arms out overhead, having them alongside the ears, legs together, pointing the toes. You can give a push from the bottom or side of the pool to get a little momentum before beginning the stroke.

Begin by inhaling as you pull the arms down to the sides, simultaneously bending the knees preparing for a frog or whip kick. The head comes out of the water, rolling up into a kind of Cobra Position (Bhujangasana). And just as in the Cobra, inhale as you raise the head up and out of the water. Begin the exhalation as you kick, simultaneously lowering the head into the water and straightening the arms out in front of you. The legs, having completed the kick, are now straight; so just let yourself glide through the water propelled by the kick, while you slowly exhale. It's very easy and enjoyable.

You will find through your own experimentation a ratio of inhalation to exhalation to suit you. It will also vary with conditions; for instance, doing the breast stroke in calm water, you will find it easy to develop the one-to-two ratio recommended in Yoga class. You can get into gliding longer and having a very slow exhalation in a meditative way. But when swimming in turbu-

lent water, it isn't practical. For vigorous swimming you will probably maintain a one to one ratio. (This too is effective as a pranayam, increasing the capacity of the lungs and giving you energy.

Aquatic Relaxation

Just as you relax in Corpse Pose (Savasana) between Yoga postures, so in swimming you can turn on the back and float. It sounds easy, but it's easier to surrender to the asana mat than to a lake or rolling ocean waves. But just remember to relax, let go of limbs and let the head fall back into Fish Pose (Matsyasana). Your feet may fall but the chest remains above water and you can still float.

It can also be done on the stomach--the dead man's float. Lie prone and consciously allow all the limbs and head to go limp. Slowly exhale underwater, then slowly lift the head to take a deep breath and repeat the process. With the whole head underwater, one feels withdrawn from the external world. All you hear is a high-pitched ring and the gurgle of your own exhalation. A retention can be easily added too.

After as few as four rounds of this, I came out of the water in a state of total relaxation and peace. Later I found out this practice is used in the U.S. Navy as a survival technique!

The joy of experimenting and seeing for oneself what is true is itself a kind of Yoga. Anything done consciously with one's whole being is meditation. I feel this is what Gurudev means when he says to make everything a meditation, a Yoga.

How to Quit Smoking

The I-N-E Sisters: Nicotine, Caffeine and Purine

Sri Swami Satchidananda

"Although most smokers of the 1½ billion cigarettes lighted each day in the U.S. don't realize it, the stimulus they inhale is a volatile, poisonous alkaloid, chemically known as $C_{10}H_{14}N_2$ and pharmacologically categorized as an organic nerve drug so powerful that a one-drop injection would cause instant death. Nicotine's deadliness may result from chemical interactions opening the door to a battery of cancer producing agents, poisons and lung pollutants in cigarette smoke.

These substances are now the primary contributory cause of 360,000 known deaths a year. Among tobacco's potentially deadly emissions are at least 7 known and many suspected cancer-producing hydrocarbons and 15-20 volatile irritants or poisons with parts-per-million 1,000 to 1,600 times greater than safe environmental levels. Cardiovascular disease, which accounts for more than ½ the total U.S. deaths, is frequently caused or provoked by smoking...." (From the Reader's Digest, 1973)

Many people complain that they are addicted to unhealthy habits: wrong eating, drinking, smoking or anything else. They don't want to keep doing it but

they find it hard to stop. But if we know the reason for the addiction, we can easily stop it.

When do you call yourself "addicted" to something? When you have a craving for it. Take, for example, nicotine: because of your habitual smoking, you have accumulated a lot of toxic nicotine in your lungs and bloodstream. Say, all of a sudden you decide, "No more smoking." Fine, but you still have the craving.

The Craving

What causes the craving, when you yourself don't want it? There is something in you which says, "You must smoke." What is that? The toxins that have already found a home in your system. By your previous habit you have accumulated the toxic nicotine, so even though you don't want it, the nicotine already in you wants company. That is craving.

How can you get rid of it? Only by eliminating the nicotine that is already in you. If you have very strong will power, you might overrule the craving without first eliminating the toxin, but not that many have that will. So how to eliminate the toxins?

Do the Yoga practices: the asanas (postures) and pranayama (breathing techniques). The pranayama, especially plenty of kapala

bhati or bastrika (bellows breathing), actually burns out all the toxins.

Proper Diet

And the proper diet is very important, because the wrong diet adds to the craving. If you eat a highly concentrated protein such as meat you will certainly want to drink a cup of black coffee too. Why? Because the meat brings purine, which is another kind of toxin, into your system. When the purine comes in, it invites its sister, caffeine: "Hey, I'm in here; why don't you join me? Then those two call for their other sister, nicotine. I call them the I-N-E sisters. So that's why, after a sumptuous meat meal, you also want a cup of coffee in one hand and an "extra millimeter longer" in the other hand. They all go together.

So if you don't want nicotine anymore, stay away from the purine and caffeine for some time--temporarily at least--so they won't send invitations to their sister. If you follow these suggestions for Yoga practices and diet, you won't have trouble quitting the habit. Instead, the habit will quit you.

I can guarantee it. I have seen this in thousands of cases. Then the body will be so relaxed. And in a very healthy, relaxed, pure body, the mind is also more comfortable and calm. The flesh is not a bondage to the spirit then. You may be a capable driver, but if all the nuts and bolts in your car are loose, where can you go with all your skill? The road is not safe for you or anybody else.

Sound Mind in a Sound Body

So take care of the body. We want a sound mind in a sound body, because the mind can only act with the help of the body. If the body refuses to follow the mind, the mind has to just listen to that. That's why, if after eliminating the nicotine from your lungs, your mind still wants to take a cigarette, you will find it very hard. When your lungs are that clean and pure, they will hate the smoke.

Just imagine your first cigarette. You had to slowly educate your lungs to stand it. Can you just inhale the cigarette smoke and blow it in the face of a baby? See how dissatisfied the baby is, how suffocated it feels. You were a baby--you had a baby's pure lungs. But slowly you educated your lungs to accept poison. So when you eliminate the nicotine you go back to your original purity.

I hope this will inspire you to remove this detrimental habit from your lives and to know that you are the master over your body and mind, not a 100-millimeter cigarette. With the help of these hints, it is my sincere prayer that you can part company with one or more of these I-N-E sisters and live a natural, clean and healthy life.

The eminent Ceylonese surgeon, Dr. G.W. Karunaratna, Jr. wrote Sri Gurudev: "I began Yoga practice but made no effort to give up smoking. As you said it would, 'smoking gave me up'! If people experienced the calmness of Yoga, I'm sure many more would take it up."

Featuring

Papa's Parables

by Sri Swami Satchidananda (Papa)

Once there was a man who wanted to do extraordinary feats. So he went to the forest and approached a great Yogi who knew all the different sound formulas which we call "mantrams." He begged the Yogi to give him one to control a big devil who in turn would obey him and do all he asked. The Yogi said, "I can do it. But I warn you: you must be able to give him work always or he will devour you."

The man thought, "Oh, there is a lot to do in this world. I can find thousands of jobs for him." So he said, "Don't worry. Please give me the mantram."

So the Yogi initiated him; then naturally he went to a secluded spot and started doing japa (repetition) of his new mantram. He repeated more and more until he was able to build up the vibration which would attract the demon. Finally a huge black demon appeared. It even frightened the man a little.

"Oh master, why did you call me? Give me some work."

"All right, build a huge palace with all the nicest furniture." He thought the demon would take some time so he could sleep 'till it was finished because he was very tired after all the strenuous japa. But suddenly the demon re-

appeared.

"Sir, the palace is ready. What now?"

"What? Already? Hm.... Well, what can I do with just a palace? I must have a hundred servants to look after it."

"Okay." He snapped his fingers. "Servants on the job."

"What about some vehicles?"

"Oh, all beautiful cars are there: Rolls Royce, Cadillac, everything, with drivers and full tanks of gasoline and oil."



"Well, I'm hungry," the man said.

Snap. There were fine dishes on a table, a few maids to serve. The man was puzzled.

"What is this? The minute I say, everything comes. It doesn't even take a second."

"Well, now what? I can't be without work."

He was puzzled what to say because the demon didn't even allow him to think what to do next. But he tried his best to give him this and that to do but everything got finished immediately.

Then the demon said, "If you don't give me work, I will eat you." The man started running to find his Guru. The demon was following close behind. He ran and fell at the Yogi's feet.

"Oh, my God, I don't want this demon anymore. Please save me. He does everything immediately and I can't satisfy him."

"Child, I told you, but you didn't listen to me...."

"Please, no lecture now. This is not the time to advise. He is at my back!"

"Okay, I'll take care of him, don't worry." The Yogi just plucked one curly hair from his head and gave it to the demon. "Please straighten this hair and stand it on its end." The demon held the bottom of the hair in one hand and slowly pulled the hand up and up 'till it reached the top to have it standing on its end--and then let go. But how can a curly hair stand on end? Of course it fell down. Again the demon tried and it fell down.

"Well, are you finished yet?"

"No, I'm still trying."

So now, whenever the man wants some work done, he has the demon put aside the hair, do the work and then go back to the hair. The demon always has something to do; it's under control.

From this story we learn a

lesson. Everyone of us has a demon--our own mind. Can you make the mind quiet? No, it always wants to do something:

"Give me this, give me that to do. Why this swami? I'm tired of him, find me another one; oh, this dress is not the fashion of the day; buy me a new one." Day and night the demon mind wants to work thinking of all sorts of useless things, because it has no other work and yet has such tremendous capacity. The mind can do anything and everything just like that demon. That is why it's so restless.

So put him in one place where he won't disturb you--give him a curly hair. That curly hair is your japa. Take any holy name or sacred formula and go on repeating it. Allow a part of the mind to repeat it always. "Do this and don't bother me. Only when I want your full attention you can leave that and come to me." So the mind is calmed, brought under control and one-pointed. It gains tremendous strength and peace.





OM COOKING

SPROUT BREAD

Bread of the Essenes

by Swami Murugananda

Sprouts are a great source of food energy and are full of protein, vitamins and vital minerals. Most of us have tried the more common varieties of sprouts like the alfalfa and mung sprout. Sprouts are extremely economical, nutritious, easy to digest and so simple to make that it's surprising more people don't include them as an important item of their diet. With ever-rising food prices and concomitant lowering food quality, sprouts can be the city dwellers' own organic farm.

Sprout bread was a food of the ancients and is even mentioned in the Essene Gospel of Peace. It is so simple, satisfying and so very tasty, that once you try it, you'll be spoiled for any other kind of bread. Baked with the simplest and freshest ingredients, and baked at low temperatures, it is therefore also the most nutritious of breads. Precious enzymes and vitamins are not destroyed. And finally, since it is unleavened, it is not acid-forming as are other

breads and won't ferment in the system to produce gas.

Methods and Materials

Use either wheat or rye berries, preferably organic. If you use wheat, get the hard winter variety, also known as red winter or Montana hard wheat berries. Deaf Smith County is another suitable kind. The soft berries are low in gluten and are better for making pastry flour.

Soak the berries in pure water, using a wide mouth jar. To make a lot, use the gallon wide-mouthed jars such as restaurants get their mayonaise in (they will often give you their empty ones); or use a mason jar. Its mouth should be covered with a fine nylon mesh or cheese cloth and held in place with a rubber band. Nylon screen, obtained at most hardware stores, is preferable in that it is not as susceptible to dirt and mold.

In a warm, dark place, soak the seeds for 8 hours in enough water to come about 1" above

them. (Covering with a towel is a good way to keep them in the dark.) Then pour off the water and rinse. For the next 3 to 4 days, rinse them 2 or 3 times a day, keeping the jars in such a way that they can drain well. Your shoots should then be about $\frac{1}{2}$ " long. On the last day, don't rinse. This helps remove excess moisture. Instead, expose them to the sun for at least 6 hours to develop their chlorophyll.

Now take your beautiful green shoots and grind in a flour mill. The Corona hand mill is a good one or you can use a Champion juicer. Add a little fresh flour to the ground berries to absorb still more of the moisture. Have the "dough" moist but not wet. Form into a loaf or 1" pie and set into an oiled loaf pan or pie plate. Bake at 250° F. for about 2 hours. Be sure the loaf is no more than 2" thick or the center won't get well done. Let finished breads cool; eat and enjoy. You'll find you may not even need to add butter or honey as this bread is sweet and tasty as it is. You may also find you can't make enough of it!

Variations

- 1) grind up raw sunflower seeds into the dough;
- 2) add raisins, chopped figs or poppy seeds;
- 3) roll out dough into crackers and sprinkle with sesame or poppy seeds. Bake at 250° for 20 minutes. Make lots as it goes fast, especially in a house of yogis!



More Letters

"I'M VERY GLAD YOU CAME TO AMERICA."

Dear Swamiji,

I bow to you, great teacher.

I am an American who has learned a great deal from you and your devotees. The lessons learned have been tremendous aids to me in my life. Through you and your followers, I have come much closer to my own guru, Paramahansa Yogananda.

I recently read your biography and found it most informative and inspiring. I am very glad you came to America and decided to stay here. My country needs spiritual help from India just as India needs material help from America. When I read your address at Woodstock, I saw how deep is your understanding of America's youth. While writing this letter, I started to cry, Swamiji: your influence on me has been very deep.

God bless you and the IYI,
K. S.

Inverness, California

(Continued)

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MORE LETTERS (Continued)

"MY HAT IS OFF TO YOUR 'KIDS.'"

This letter is from a land surveyor who came to know Sri Gurudev and the Ashram through his professional capacity.

Dear Swamiji,

I came to your 10th Year Celebration expecting jubilant singing and dancing. I was a little disappointed at first, but the quiet flowing of sweet, gentle love expressed by your grateful kids slowly burned itself into my heart and I went home with tear-filled eyes. Since then, I have felt a deep and lasting joy mingling with my daily reactions.

Sometimes your intellectual over-simplifications leave my intellect unsatisfied. Yet there is something conveyed through you along with the words that makes my soul dance with joy. I am grateful to have lived in your time.

My hat is off to your "kids" who have had the presence of mind to choose such a perfect leader and teacher. It is a beautiful thing to see.

I rejoice with you over the blossoming of the flowers in these young hearts! I will always be grateful for any opportunity to serve and be part of this joyous growth.

Your servant-surveyor,
W. R.
Brookfield, Conn.

The following is a sample of the encouraging letters we've received along with Wisdom Offering donations for printing Gurudev's words.

Dear Swami Vidyananda Ma,

There could be nothing more needed and wonderful than to have Swamiji's words in print. They mean so much to me and have helped me immensely in my life. I know they will provide inspiration, faith and comfort to many. I totally support the work you are doing and thank you for allowing me to work with you during my stay at the Ashram.

From my stay there, I have learned much more of what it means to live Yoga and the joy of service. I feel I am being guided by Swamiji and am more and more aware of his presence in my life.

Om Shanthi.

Jai Sri Gurudev!
B. K.
Stuart, Florida

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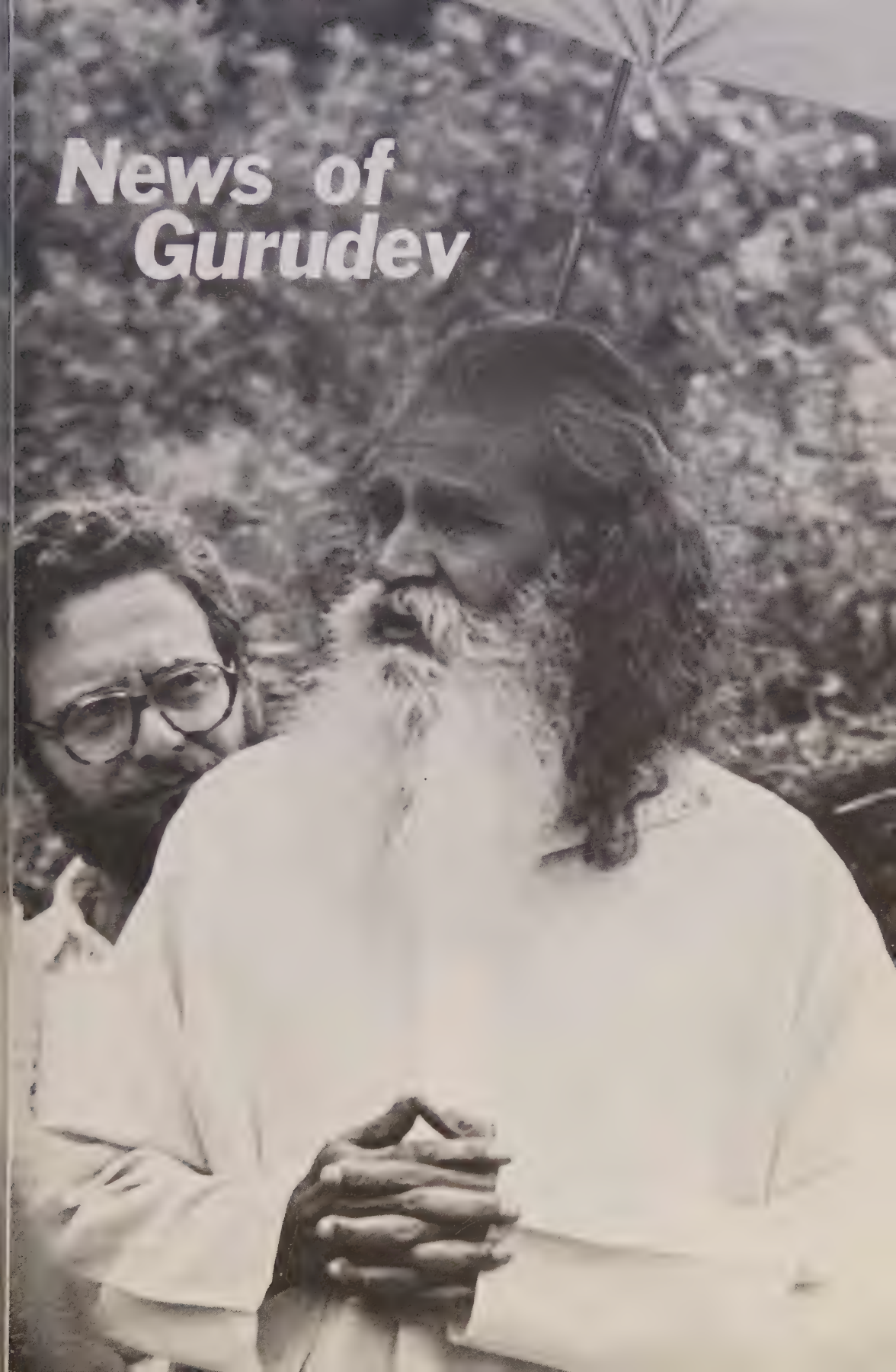


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News of Gurudev



In New York

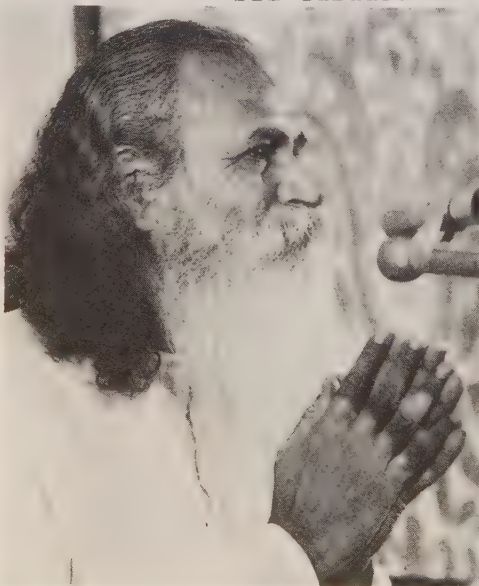
The joyous commemorative celebration in honor of Sri Gurudev's ten years of service in America drew this first fruitful decade to a fitting close on July 30. But service being his food and his life, on the next day Sri Gurudev plunged immediately into his second decade of the same dedicated service.

A New Age Festival sponsored by the Students of Esoteric Thought was in full swing in Hempstead, Long Island when Sri Gurudev arrived to give the Sunday evening seminar. Although the event took place in a large modern motel, an ashram vibration pervaded the premises where the festival's participants were following a daily schedule of meditation, Hatha Yoga and spiritual lectures.

Beautiful, etherial harp music prefaced Sri Gurudev's talk,

*"What better purpose than to
live for the sake of others?"*

--Sri Gurudev



and the intense feelings in the room were beautifully crystallized by the clarity and pertinence of his words. His message was simple: "What better purpose for man than to live for the sake of others? Take a little time each day for your own health and peace, then share it with others."

When the dynamic director, Mr. Anthony Fisichella, heard that Sri Gurudev's "singing swamis," Nirmalananda and Vivekananda, were both in the audience, he requested them to close the program with their music--the language of the heart. Audience and performers merged in the power and joy of spiritual music as Nirmalanandaji ended with the song inspired by Sri Gurudev's words: "Let us walk together; let us talk together; let us think together; let us live together as one!"

As Gurudev arrived the following morning for his second seminar, the organizers informed him that the festival was running on "esoteric time"--everything a bit late! When the session did begin, the first question asked of him was about Patanjali's Yoga Sutras. His eyes lit up with pleasure as he began to speak about the science of Raja Yoga. Gurudev's deep veneration for the ancient Yogi Patanjali's scientific approach was clearly evident as he explained how every *sutra* (aphorism) is based on direct experience of the Truth, unlike our Western science where yesterday's nectar will soon be banned as today's poison.

Sri Gurudev closed the session by saying that it is such gatherings as these that give him hope for the world's future.

August at the Ashram

The beloved Hari Harilela family visited on August 3 and later Maya Harilela returned to stay for a week; we were all delighted to see her again after two years.

During the entire month of August the second annual month-long Teacher's Training program was conducted at the Ashram, this year by Anagan and Ganga Stearns. The participants came to be trained in the philosophy and practices of Integral Yoga, especially how to conduct Hatha Yoga and other types of Integral Yoga classes. They had the opportunity to participate in the Ashram life in every aspect, from selfless service to family sharings; satsangs, group meditation, etc. The 23 trainees gave a substantial boost to the Ashram's population, and along with the numerous special guests and frequent satsangs with Sri Gurudev, made for a lively month.

The Lighter Side

One Sunday Sri Gurudev and the Ashram family were invited to a swimming party at the lake-side home of our friend, Richard Busher, and his parents. Gurudev surprised him with a long-awaited gift: a Sanskrit name--he is now "Ram" after the mantram Ram loves most to chant. Sri Gurudev told us that Ram is proof of the greatness of the science of Yoga. When he first came to the Ashram several years ago, he was suffering from asthma, allergies and other troubles. He is now much improved in all areas, as he never ceases to

Each Saturday Sri Gurudev gave satsang for the trainees and Ashram community, usually answering the trainee's questions. For example:

Q: Gurudev, what is Karma Yoga?

Sri Gurudev: *Just give, give, give; serve, serve, serve; love, love, love: to give and get is karma; to give and for-get is Karma Yoga!*

Q: When will a person know he is ready to renounce the world and be a monk?

Sri Gurudev: *When you yourself realize that no matter how much you try, you can never satisfy the senses and mind. "The more I give them, the more they want." It's like trying to quench a fire by pouring oil on it. When you feel this through your own experience, not because the swamis say so or the books say so, then renunciation becomes easy. The mind ultimately finds contentment by renunciation, not by trying to satisfy its desires.*

love telling everyone he meets!

On another evening arrangements were made to show the film, "Lost Horizons" at the ashram. As Gurudev walked in, ashramite Rudra dragged in the prasad: a giant Santa Claus size plastic bag full of Indian spiced popcorn! Later, Sri Gurudev gave his ideas about the real Shangi-la: live as natural a life as possible; avoid unnecessary use of artificial lighting, keeping unnatural hours, eating processed foods, etc. At the same time, he warned, don't go too much toward that extreme either. Take the useful things from modern technology but leave the harmful things alone.



Sant Keshavadasji and his family

Sri Sant Keshavadasji

On August 23, the divine minstrel, Sri Sant Keshavadasji and his beautiful family (wife Sri-mati Rama Mata, daughter Gita and young son Shyama) paid us a short but very special visit. Santji said he always likes to come to the Ashram right before returning to India from each world tour; he feels it a fitting culmination to his trips. The atmosphere of that evening's sat-sang was so natural and joyous. Rama Mata and Gita sang many lovely *bhajans* (songs in praise of the Divine) accompanied by Santji on harmonium and Shyama on tablas; then Santji shared some of what he calls his 'joke stories.'

"Once a Moslem, a Christian and a Jew went on a pilgrimage to India. They became very hungry and so, with the few coins they had, they purchased some

sweet halvah candy. But the clever Jew said, 'If we each eat a little, none of us will be satisfied. Instead we should all go to sleep and whoever dreams the most divine dream should eat all the candy!'

So the Moslem and Christian slept, and of course the hungry Jew ate up all the candy. They awoke in the morning and prepared to tell their dreams. Being greedy for the candy, the Christian told how he had dreamt of Jesus blessing him in the Garden of Eden. The Moslem said, 'How could that be? I also was in the Garden with the Prophet Mohammed!'

Then they turned to the Jew. 'Did you also dream?'

'I did,' he said. 'The Prophet Moses came to me and said, 'You fellow! When there is wonderful candy right here, what do you want with the Garden of Eden? Here is what God has given you right now, so enjoy it!''"

Sri Sant Keshavadasji

(Continued)

The Christian and Moslem were furious. 'Did you eat it?'

'Of course I did! How can I transgress the Law of Moses??!'"

The message, Santji explained: "God has given us this life; enjoy it in His name. Offer your life and service to Him, because the God for whom you are searching is right here among you when you take His holy name." Once the stories got going, it was back and forth between the two gurus, and even young Shyama had one to add.

Another delightful and educative evening followed, when the next night Mrs. Elda Hartley and

her associate Reuben Aaronson of Hartley Productions showed us three of their "Films for a New Age." Sri Gurudev especially appreciated "The Ultimate Mystery" which presented recent scientific findings which seem to verify the Yogic tenet of the "oneness behind all life." One experiment with yogurt culture samples clearly demonstrated that one culture sample could feel and react to what was happening to another sample across the room!

Mrs. Hartley was so intrigued by what she saw at the Ashram that she has decided to make a film about it and Sri Gurudev's teachings which will cover many of the basic aspects of Integral Yoga.

Yoga Sutra Satsangs

On two of August's Saturdays, Sri Gurudev gave Satsang on Patanjali's Yoga Sutras, Books III and IV, thus completing the set of lectures on the Sutras begun in 1968. Book III is the Vibhuti Pada or book on the *siddhis* (powers) which come as by-products of meditation. Gurudev explained some of them in a rather joking manner, making it clear by his attitude that all these are nothing compared to the bliss of the Self.

"All these siddhis are beautiful, but they will bind us if they are the outcome of the mind's desires. If you go after siddhis, there is a selfishness behind; you want to be proud or demonstrate what you can do. You might ask, 'Then why are there siddhis?' When the siddhis come to you, they are good; when you run after them, they are bad.

Let them come and beg to serve you; then they are beautiful."

The next Saturday Sri Gurudev spoke on Book IV, Kaivalya Pada or the book on liberation. The dialogue between the trainees, ashramites and Sri Gurudev was lively and stimulating: hearing about liberation from the mouth of a liberated sage brought out many interesting points.

One subject Sri Gurudev handled in depth was the three kinds of *karmas* (actions and their reactions): *prarabda* karma, the events which happen to us as a result of our actions in previous lives (and over which we no longer have any control), *sanchitta* karma, the reactions awaiting a suitable birth to express themselves (they can be nullified and burned up in the fire of *samadhi*), and *agami* karma, the acts we do consciously in the present and over which we have conscious control.



Graduation

August 28 was "graduation" for the teacher trainees. They took this last opportunity to ask questions of Sri Gurudev:

Q: Do you approve of couples living together though they haven't made the commitment of marriage?

Sri Gurudev: *What will you gain by that? Commit yourself to anything or anyone; it doesn't matter. It is the very commitment itself which brings spiritual benefits.*

Still another question: You advocate a trial period (pre-

sannyas) before entering monk-hood. Can't we also have 'pre-marriage'? Sri Gurudev laughed and said, sure, but just as pre-sannyasis don't wear the orange robes and have all the duties of the Holy Order, in the same way, pre-marrieds need not have and do everything the fully married people do....

Later Sanskrit names for those who wished, diplomas and parting advice were given, gifts exchanged and presentations made. A new batch of Integral Yoga instructors; but the real method of teaching is by your very lives, Sri Gurudev reminded them. Live like Yogis and share what you have gained.

Bio-Feet-Back

The next morning, biofeedback researcher Kamala Katayanagi gave an impromptu satsang. She gave a demonstration by hooking up a meditating ashramite whom Gurudev jokingly tried to startle out of 'alpha' state with news of her husband who was away from the Ashram.

Later, the talk came around to the sensitivity of plants and other life forms. Gurudev pointed out that these ideas have

been known for thousands of years but are only now being scientifically demonstrated. To illustrate this, he told the ancient story of a woman whose husband's death was revealed to her from far away when his favorite plant withered and died.

As a humorous ending to the sharing, when Sri Gurudev was leaving and some of the ashramites knelt to touch his feet, he joked, "See, they know the real bio-feet-back!" as he gestured to show how the vibrations and energy flow from guru to disciple through the guru's feet.

Labour of Love

Pennsylvania's Camp Saginaw, with its regal hills of pines and spruce, its waterfalls, streams and lush greenery, was the inspirational setting for an extended weekend Labor Day Retreat for over 240 people under the guidance and direction of Sri Gurudev.

He was present during the entire retreat, inspiring the retreatants and sharing his universal message of peace. Retain that peace at any cost, he said. How? By giving up attachment; be like the duck or the lotus flower: in the water but never of it. All your 'shell-fish-ness' must go. Have an easeful body, a peaceful mind and a useful life.

When you chant the Lord's names, he told the retreatants, let it be from the heart, with simplicity, sincerity and genuine devotion. Everyone present could feel the cosmic, loving energy emanating from him.

Mr. S. Kanagaratnam, President of the Divine Life Society of Jaffna, Sri Lanka (Ceylon), a prominent attorney, acting judge and coroner, had come on a visit to the States and was present at the retreat. He spoke with gratitude at having had the opportunity to experience Sri Gurudev's tremendous impact on the people of America and of his great joy at how wholeheartedly many are

responding to his teachings. The true scope of his work is not known in the East, he said, and how happy he was to have seen it himself firsthand. It has opened up in him a whole new understanding of living the Yogic teachings to take back with him to Sri Lanka.

Beloved Amma, Gurudev's personal secretary, gave a dynamic sharing that same morning, showing more clearly than ever how her wholehearted devotion and service to the Guru are beginning to express themselves in the depth of her own spiritual eminence. She has tended Sri Gurudev's spark within her and kindled it into a bright flame which will no doubt help light the way of all Gurudev's spiritual children in the years to come.

The point made so clearly in her talk: total self-surrender is absolutely necessary in the spiritual life. She shared an experience with Sri Gurudev: when she felt and expressed her difficulties in following his teachings, he told her, "If you have faith in me, stick around. Otherwise you can pack up your bags and go!" Through Amma's example, and that of many of the other disciples who served in silence, it is obvious that the Guru's energy and teachings are indeed capable of transforming the lives of those who give themselves fully, in love and faith.

Sivananda Jayanthi

In remembrance of the jayanti (birthday) of our beloved Param-guru Sri Swami Sivanandaji Maharaj, the Ashram conducted a 24 hour celebration on September 7

and 8 which included *akhanda jap*a (continuous chanting of one mantram in shifts) and an all-night vigil of chanting, spiritual story-telling and films and tapes of Master Sivanandaji.

(Continued)

Sivananda Jayanthi

(Continued)

The event was highlighted by one of those rare occasions when Sri Gurudev shares with us some of his thoughts and feelings about his beloved and revered Master.

"Nothing was unfit to be transformed by him. He could simply take a small blade of grass and make it into a sharp sword for a warrior's hand. I don't need to give you many proofs of that; you can just see me. If at all there is a miracle of Sri Swami Sivanandaji Maharaj's that you can see, it's me! You can easily give a good shave with a nice sharp razor; if you take a butter knife and give a good shave, does it not show great skill? The great sage, Veda Vyasa, praises Lord Krishna as



the one who 'makes the dumb man eloquent and the cripple cross mountains.' That is what Sri Swami Sivanandaji did."

Jayanthi in Denver

On September 8, Sri Gurudev flew to Denver on his way to the dedication of Satchidananda Ashram--Santa Barbara which was to take place in California on the 11th. He was joyously met at the Denver airport by many disciples and friends, after which he lectured to over 400 people at the University of Denver. In honor of Sri Swami Sivanandaji's jayanthi, Gurudev spoke on the nature and function of the guru: whom-ever or whatever helps you remove the veil of ignorance which covers your true nature is the guru, he said. A true guru's mind will be always kept serene and steady, unaffected by praise or blame, profit or loss. Though he will have feelings and ex-

press them whenever it will benefit someone, he will never get caught in them.

Gurudev went on to say how he was fortunate to find these qualities in Sri Swami Sivanandaji Maharaj and how these were the very same qualities which the world has recognized in all the great saints and prophets like Jesus, Moses, Buddha and Mohammed. They all experienced the same truth, only their language for expressing it differed because of their different situations.

The next afternoon, Sri Gurudev met with those working towards a Satchidananda Ashram--Colorado at a tea given by them at the IYI. He gave them all so much energy to continue working ever more diligently toward making this dream a reality.

Satchidananda Ashram ~ Yogaville West

Yogaville West

is reborn

September 11, 1976



"It's a very good omen that Nature is blessing us with this rain...." Thus Sri Swami Satchidanandaji Maharaj began the dedication of Satchidananda Ashram--Yogaville West in a miraculous break in the first heavy September rains since the early '20s.

It had been raining for days; the organizers had even considered moving the ceremonies to a hall in the city or cancelling them altogether. But the night before, Sri Gurudev had visited the site and seeing the people working diligently in the down-pour said, "If we are truly serving, God may give us a break. Let us go ahead and have it somehow." Sure enough, the following morning the clouds thinned and a patchy sunlight broke through.

The auspicious gathering included representatives from around the world. Besides several from the various United States, there were people from Hong Kong, Ceylon, India and

other places. It was truly an international gathering.

After a warm welcome by the beaming Swami Turiyananda of the Santa Cruz IYI, an *arati* (light waving) ceremony was performed by Swami Karunananda Ma while those present prayed to invoke the Lord's most bounteous blessings on the new Ashram. Among the lovely flowers and herb arrangements flanking the altar were several baskets of the lemons and avocados which grow on the Ashram property--symbols of its potential fertility, both spiritual and agrarian.

Ishwara Cowan, one of the key instruments in procuring the property, spoke about the history of Yogaville West: how we had purchased the N. California property at Seigler Hot Springs in early '72 and of the struggles and rewards of it two years as a Satchidananda Ashram; how hopes for a new Ashram had remained alive in many hearts

since its demise in late '73 and how this Santa Barbara dedication marked a continuation of the efforts previously made by such dedicated souls as Vijay and Shree Hassin, Ramakrishna and Radha Sackett, Sudharshan Anderson and many others over the last several years.

Executive Secretary of the new Ashram, Swami Nityananda, appealed for continued support and made special note of all who had shown such faith in the Ashram that they became supporting members before the site was even found! As the names were called, each was handed a membership certificate by Sri Gurudev.

In his address, Sri Gurudev spoke of the one true Owner of all things to whom the Ashram as well as everything we have or do should be dedicated. As an example of this dedication, he noted the intensive efforts required that day to prepare the special rainy-day site within hours of the opening--an effort that found many yogis and yoginis working in the rainy predawn darkness erecting tents over thick carpets of straw. Often, he said, it is when faced with adversity that people's true natures can be seen. Yoga is easy when everything goes smoothly; the true test of Yogic vision and discipline comes in the midst of the changing circumstances of life.

After Gurudev's talk, Mr. Kanagaratnam and then Mr. A. Wickra-

masingha spoke a few encouraging words, followed by a small talk by Mr. Thathachari and a chant led by his wife. Yogi Haekel, a long-time Yoga teacher in the Santa Barbara area, spoke of his relationship with us and wished the Ashram well.

As the speeches kept coming and the morning slipped away, Gurudev broke in to warn, "We requested God to hold back the rain only for a certain time. We are exploiting His Grace now. Let's hurry up or it may rain again." Sure enough, it began to drizzle--but it was just a threat. The program was finished and the rain stopped again for the next event.

Then, all followed Sri Gurudev down into the valley to watch him plant the first avocado tree of our new farm development program. Then he unveiled a simple, but beautiful monument commemorating the dedication. In years hence, this dark granite slab set into a large sandstone boulder will rest beneath the shade of this first tree.

The services were then concluded with the presentation of avocado salad and lemonade--*prasad* from the land. Later, many of us assembled again for a benefit dinner with Sri Gurudev. The delicious food and joyous gathering of all the West Coast Satchidananda family with our beloved Master made a fitting end to a memorable day.

The whole family of Integral Yoga centers, Satchidananda Ashrams, disciples and friends of Sri Gurudev wishes the greatest of success to Satchidananda Ashram--Yogaville West in this exciting adventure of trying to put the teachings of our beloved Gurudev into practice.

NOTE: For more information concerning visiting, membership or Karma Yoga opportunities, write or call: Satchidananda Ashram, 1705 San Marcos Pass Road, Santa Barbara, Ca. 93105 (805) 967-3344.



Satchidananda Ashram
--Yogaville West
Dedication



Mr. S.
Kanaga
ratna



Los Angeles

The day after the Ashram's dedication, Sri Gurudev flew into Los Angeles with his pilot-devotee, Ramesh Marcum and his family. That afternoon he was interviewed by the Movement, a newspaper dedicated to the various spiritual movements, for an article to appear in their Christmas issue.

Santa Cruz

Sri Gurudev was flown to San Jose by his beloved devotees, Jothi and Atma Hansen and that afternoon, they drove to Santa Cruz. As Gurudev drove up the driveway of the Santa Cruz IYI, preparations for his arrival were still in progress. He found Swami Dheerananda all dirty, still raking leaves in the yard. As he pulled up, Gurudev joked, "Hurry up, the Guru is coming;

Sri Gurudev lectured at the Ambassador Hotel that night to about 650 people on the topic of "The Key to Peace." One insightful remark from that lecture: "There is no need for competition in our lives. You are great in your own place. Nobody is superior, nobody is inferior. Is not the cotter pin in a machine as essential as the big wheel it holds in place?"

what can I do? Hurry, the Guru is coming!" Then as he peered into the kitchen window, "The Guru is coming, quick, what can I do?" They answered, "Chop vegetables!" "Okay," he said, "I brought my teeth to chop with!"

A special feature of the afternoon satsang with Gurudev: the chanting of Sri Bhagavan Das, disciple of Neem Karoli Baba. Sri Gurudev stayed Thursday evening with the Hansens and met with several Indian families who live in the San Jose area.

San Francisco

Next day, Sri Gurudev gave satsang at the San Francisco IYI, speaking mainly about liberation from our selfish desires. At one point, a woman expressed that she identifies terribly with her suffering. What should she do? "Then you haven't suffered enough. Once you have really suffered enough, you will certainly stop identifying with it." In making another striking point, he gave us a cure for anger: whenever we get angry with someone, prostrate before that person. It will teach your mind not to get angry."

Later that evening, Gurudev was asked by his friends, Mr. and Mrs. Thathachari, to bless

their new home. There was an arati in their beautiful shrine room, a wonderful dinner, satsang, chanting and veena playing by Madhuri Thathachari. Sri Gurudev was like Lord Krishna--enchanted all with his humorous and enlightening stories.

Meanwhile, after most of the S.F. IYIers had gone to bed, a few wanted to hear Swami Nirmalanandaji sing. So they carefully closed the living room doors and she softly began to play. Before they knew it, other family members began to quietly drift in. Finally Swami Murugananda came *dancing* in! They were all still singing at midnight and Gurudev hadn't yet returned. They decided to make up a silly song to sing as he walked in the door! "Satsang was the best, now we

San Francisco

(Continued)

"I hope you'll get some rest..." They were so giggly (due to the late hour and the song's humorous content) and nervous (fearing a scolding from the Guru) that at 12:30 when Gurudev finally arrived, they all began to laugh and scurry to their places to begin. To everyone's relief and delight, Sri Gurudev smiled and even began to dance to the music!

On Saturday the 18th, Gurudev's scheduled flight was suddenly cancelled due to an airlines strike. New reservations

had to be quickly arranged. Gurudev calmly directed the drama so everything flowed perfectly. He sat with a few devotees and juggled the different flight alternatives with his characteristic ease and humor. At one point he remarked, "I'm not as concerned with institutions as with individuals. Institutions cause constipation. It is you all who are important to me--your happiness is what matters. Just take care of yourselves and be happy in what you do."

Seeing Gurudev off at the airport, his parting words were, "Thank you for all your love..." Thank you Gurudev!

In Memory of Dr. P.V. Rama Varier



Sri Gurudev and Dr. Rama Varier

On Sept. 10, the world lost a great soul in the passing of Dr. P.V. Rama Varier, one of India's foremost exponents of the ancient Arya Vaidya medicine. The doctor was a beloved friend of Sri Gurudev's and his son received these words from Gurudev: "...His dedication in serving the suffering humanity shone like a beacon light over all India to inspire generations of young doctors. His untiring ef-

forts to bring Arya Vaidya to the masses sprung from a pure heart. He was truly a child of God, for although he attained worldly prestige, he remained always humble, simple and sweet."

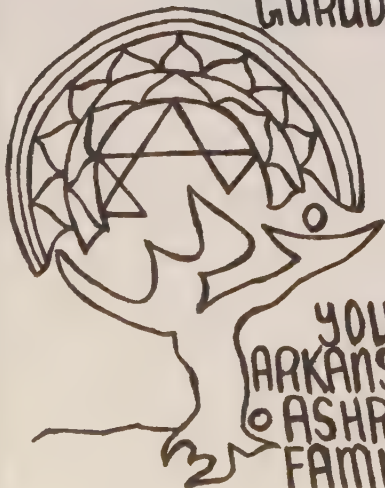
The disciples of Sri Gurudev convey their deepest sympathies to the doctor's family. We offer our sincere prayers for the peace of his soul and for the entire family's continuation of his noble service to mankind.

HAPPY JAYANTHI

Your Washington, D.C. children are
at Your Feet on this most capital day.



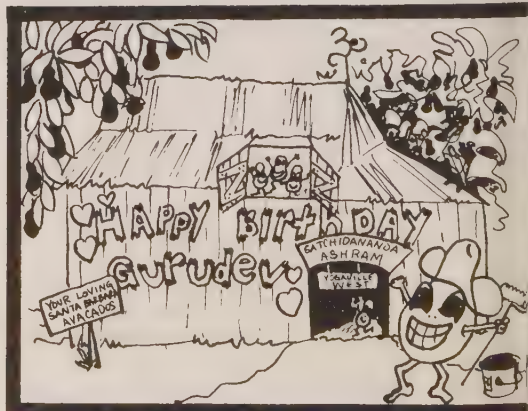
MAY WE GROW
IN YOUR SERVICE
AND LIGHT.
HAPPY JAYANTHI
GURUDEV!



YOUR
ARKANSAS
ASHRAM
FAMILY

In honor of our beloved Guru-
dev's Jayanthi, the message of
the DALLAS

INTEGRAL YOGA INSTITUTE
can be seen in the form of the
special booklet printed for
the Jayanthi: The Message of
Yoga, by Sri Gurudev, available
at the IYIs and through OSG-
Distribution. Their generous
offering was the typesetting of
this booklet.





*When he has no lust, no hatred,
A man walks safely among the things
of lust and hatred.
To know the Atman
Is his peaceful joy:
Sorrow melts
Into that clear peace:
His quiet mind
Is soon established in peace.*

— Bhagavad-Gita

The SANTA CRUZ INTEGRAL YOGA FAMILY
offers salutation and prostrations
to our BELOVED GURUDEV,
a living example of that peace.

HAPPY JAYANTHI, GURUDEV!

Hark! the Holy Wood Angels sing,



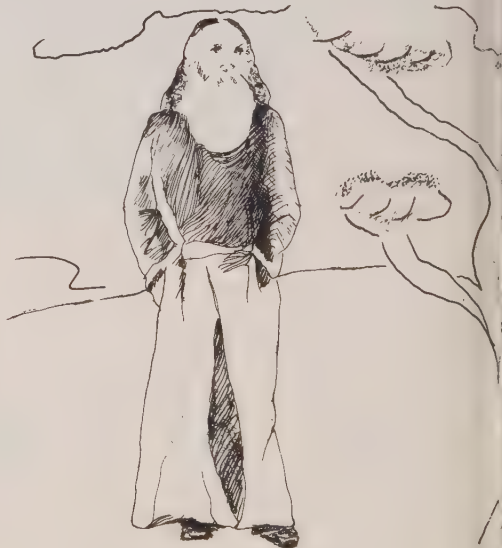
In Love and Joy under Your Wing:
Happy Jayanthi Gurudev!!!



MILLE FOIS MERCI
from
Your Mount-Real I-Y-I

A THOUSAND TIMES THANK-YOU

EVER IN YOUR
SERVICE



YOUR CHILDREN IN
SAN ANTONIO



Om Poornamadah Poornamidham, Poornaath Poornam
Udhachyathe, Poornasya Poornamaadhaaya
Poornameva Avashishyathe, Om
Shanthi, Shanthi, Shanthi

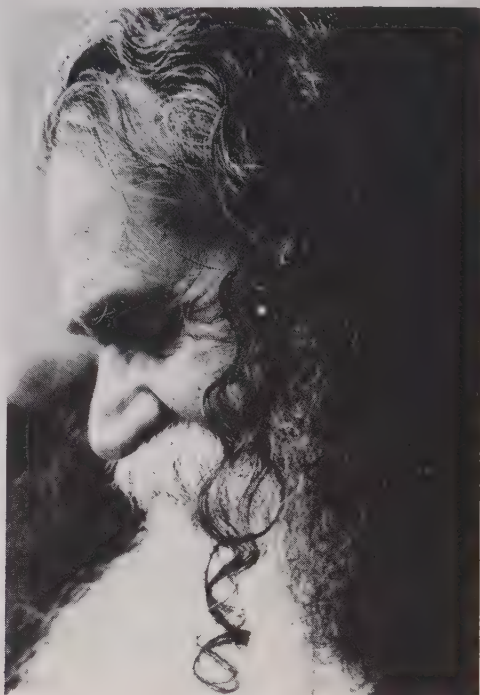
Beloved Gurudev, out of Your Fullness
our own is projected. We thank You
so deeply for Your life of total service.

Happy Jayanthi from Your
Boston Children

HAPPY JAYANTHI BELOVED GURUDEV

Your San Francisco
Children

*Dear sweet Lord of the day
Dear sweet Lord of the night
We surrender ourselves
At the feet of Your Love
We surrender ourselves to Your Light*



Thank you for lighting up our lives Gurudev !!!

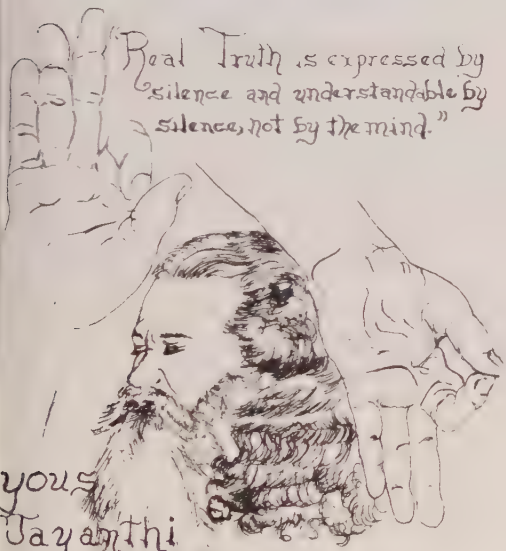


Happy Jayanthi 1976. Love, your New York children

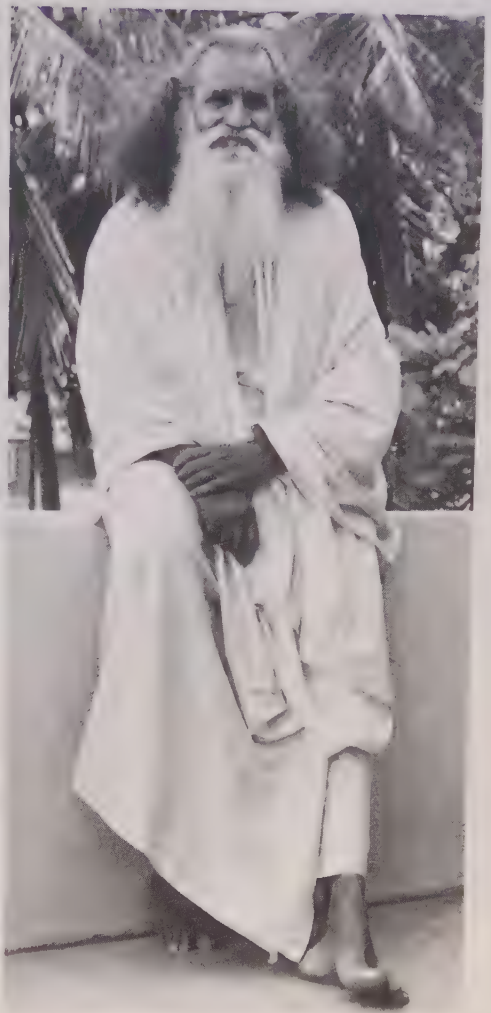
GURU'S FEET
ARE THE ROOT OF WORSHIP



YOUR COLORADO CHILDREN



your
Jayanthi
Gurudev
from
Your New Britain Children



*The Sage stays behind, thus
He is ahead.
He is detached, thus at one
with all.
Through selfless action, He
attains fulfillment.*

Lao Tsu

Happy Jayanthi Gurudev

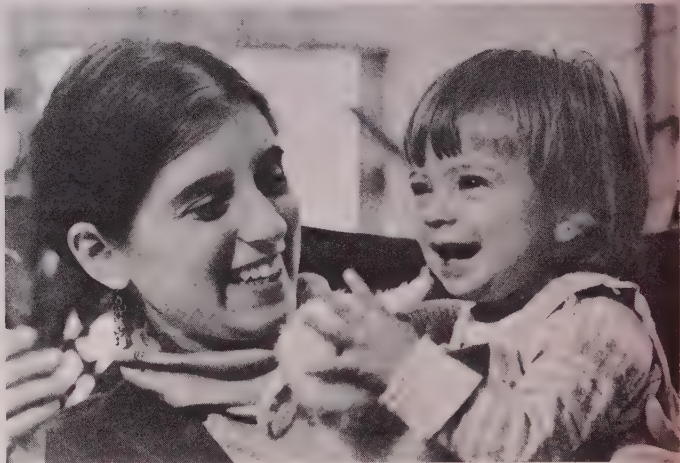
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YOGAVILLE EAST

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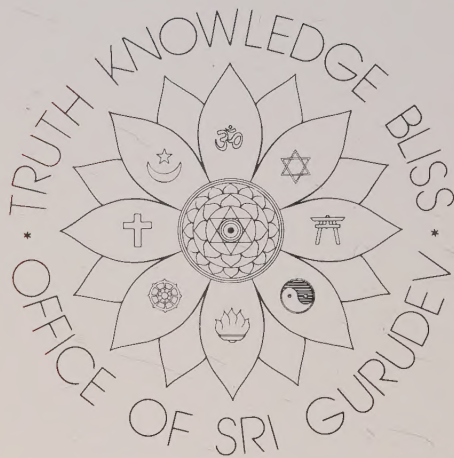
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